



# PARENT INFO PACKET



# TENTATIVE SCHEDULE

## Day 1:

- Check in at 8:00 a.m.
  - **Drop-off Meds**
  - **Drop-off luggage & Check-in at your van / cabin**
- 8:20 a.m. Send – Off / Parent Meeting
  - Parent info packet
  - Introduce cabins
  - Pray together
  - Say goodbye
- 8:30 a.m. Load-up & Depart in vans
- Arrive at Expeditions around 12:00 NOON
- Settle into cabins
- Lunch
- Mini-Session
- Low Ropes @ 1:00 p.m.
- Camp Activities 3:00 – 4:00 p.m.
- Dinner @ 5:30 pm
- Evening Session & Worship @ 6:15 p.m.
- Beach Free Time & Ice cream
- Cabin Time &
- Higher Ground

## Day 2:

- Early morning: Expeditions staff goes to prepare for half the group to canoe and half the group to climb/mini golf
- Breakfast @ 8:15 am
- Morning Devotionals
- 15 kids at Rock Climbing and 15 kids Mini-golf and 40 kids go canoeing. Swimming & Frisbee & Sand Volleyball

## Day 2 (Continued):

- All 30 kids together for Lunch then switch the climb/mini golf crew. 40 Canoeing kids picnic on sandbar.
- Everyone back to base camp @ 4:00 p.m.
- Dinner @ 5:30 pm
- Evening Session & Worship @ 6:15 p.m.
- Beach Free Time & Ice cream
- Cabin Time @ 7:15 p.m.
- Outdoor Movie Night @ 8:15 p.m. & Higher Ground

## Day 3:

- Breakfast @ 8:15 a.m.
- Pack-up
- Morning Devotionals
- Same as Tuesday...reverse the groups of students.
- Everyone back to base camp @ 4:00 p.m.
- Final Session & Worship
- Dinner @ 5:30 pm
- Head home around 6:15 p.m.
- We estimate to arrive at Christ Church between 9:00 p.m. and 9:30 p.m.
- Please check your remind app for traffic updates for arrival



## **ROCK N' CANOE - CAMPER PACKING LIST**

If your child is bringing their own medication, please complete and submit the online medication form found on our website [www.ChristChurch.us/rockncanoe](http://www.ChristChurch.us/rockncanoe).

This needs to be submitted 3 weeks before camp.

### **PLEASE PACK ALL ITEMS IN A SMALL DUFFLE BAG**

*(Your child needs to be able to carry all their luggage – please pack light.)*

SMALL Sleeping bag or sheet & blanket w/stuff sack

Pillow & Pajamas

1 Towel / Beach Towel

Toiletries & Medicine (original bottle/labeled in a Ziploc Bag)

Clothes for climbing, playing games, hanging out, and sleeping

One-piece modest swimsuit, sunglasses & hat

Ziploc Bag(s) for wet bathing suit/clothes

1 Pair of pants & sweatshirt for cool evenings

Light rain jacket or poncho

Sturdy tennis shoes w/tread

Tevas or water shoes

Sunscreen, insect repellent

Flashlight, water bottle

Bible (any version) & Pen/Pencil

**PLEASE DO NOT SEND ANY CANDY  
OR SNACKS WITH YOUR CHILD.**

**NO ELECTRONICS OR CELL PHONES**

**(Please label everything with your camper's name)**



## **ROCK 'N CANOE CAMP COMMUNICATION**

**July 14-July 16, 2024**

### **EMERGENCY CONTACT NUMBERS:**

Shari Knutson (630) 854-9799 (cell)

Cathy Fiala (630) 854-0858 (cell)

Expeditions Unlimited (608) 356-4004

Christ Church will use a text message communication tool that will allow us to send urgent updates from camp directly to your cell phone. This is so we can instantly communicate with you regarding a daily update, emergency alerts, or other trip notifications that are necessary to get directly to parents/guardians.

We will use the Remind app to send important text updates and information to parents via their phones for Rock 'N Canoe. Text the message **@rnc24** to the number **81010** or get the free Remind app to get the text updates.

Here is the link: <https://www.remind.com/join/rnc24> (Our code is **@rnc24**)

An example of what we will send is:

"Hey Parents! We should be arriving at Christ Church around 9 p.m. See you soon!"

We will be using a Google drive to post photos of Rock 'N Canoe. Each evening we will send an update with a link to the Google drive via the Remind App for you all to enjoy.